



The Regional Sun

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Adding beauty to the yard: Ron Kyle of Manor helps to beautify his town through his "artful" yard. He has applied some imagination and welding skills to old wrenches and other tools to create amusing works of art on his handmade stone fence and in his back yard. Public health inspector Derrick Mooney says the work is guaranteed to cause motorists to "slow down, gawk and smile."

Beautiful towns good for health

What does a community yard clean-up have to do with good health?

It's simple, says Derrick Mooney, one of the public health inspectors for Sun Country Regional Health Authority. "Beautiful communities prevent the spread of disease and injury."

A cleanup competition provides motivation for members of the community to remove eye-sores like abandoned vehicles, derelict buildings and overgrown weeds, says Mr. Mooney. "These are places that often shelter vermin and cause injuries to children," he says. Second, a competition encourages community pride, says Mr. Mooney. With declining rural populations and disappearing small towns, communities that have been cared for are good for the morale and

mental health of their citizens, he says.

"Beautiful communities motivate people to be a little more happy/content with their lives," he says.

Those are the some of the reasons public health inspectors encourage competitions - like the 13-year-old rivalry called the MAK Attack between Manor, Arcola and Kisbey. That contest was initiated by Public Health Inspection staff. It's judged by a Public Health Inspector and volunteers from neutral communities.

This year, on June 17, Kisbey won the MAK Attack trophy. Judging was done by: Ed Brady; Roy Olmstead and Audrey Young, all of Carlyle and Mr. Mooney, Weyburn.

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Families donate to care centre

Two generous donations, made recently to Sun Country Health Region's newest facility, came from families with long-standing ties to health care. Dr. Philip and Gloria Fong and family, and Doug and Marga Cugnet and family, have each committed \$50,000 to sponsor a "house" in Tatagwa View, the long term care facility in Weyburn built to replace the 84-year-old Souris Valley Extended Care Centre.

Tatagwa View was officially opened on June 22, with 123 residents at home. Six other donations came from the Weyburn Credit Union, Weyburn Co-op, the Young Fellows Club of Weyburn, CIBC, and a double contribution from the RM of Lomond No. 37.

Dr. Philip Fong is resident physician at Tatagwa View and Weyburn Special Care Home and a 40-year member of the Weyburn medical community. He was deputy chief of staff for the Weyburn General Hospital for 30 years and chief of staff for the district/region for eight years.

His wife, Gloria, director of patient counselling for Sun Country, has worked as a social worker in Souris Valley for 26 years. Two of their five children, and one daughter-in law, are medical doctors, also practicing in Weyburn. Marga Cugnet is vice president of primary and integrated care for Sun Country and formerly for the South Central Health District. She has been a nurse and administrator for 25 years. Her husband, Doug, works in the payroll division of the region.

"Health care is a passion," says Marga, who started her career at Weyburn General Hospital as a candy striper, at 12 years of age. "It's a big part of my life. I love it even more now than when I started," she says. The couple has three children. Their daughter, a registered dietician, is again in university to obtain her degree in nursing.

"As a nurse, I never wanted to deal with the financial end of health care," says Mrs. Cugnet. "I just wanted to look after people. But in a management role, I see that everyone, including the public, has to help support health care. It's not just government's role," she says.

"In considering our decision, I've asked others to donate to Tatagwa View and I wanted to show we would do the same," she says.

"I've used Winston Churchill's thought - that we make a living by what we get, but we make a life by what we give - as my guideline," she says. Many staff do this in their fund-raising efforts for the facilities they work in, she says. Mrs. Cugnet is continually amazed at the strong sense of community found in the small towns and rural areas of Saskatchewan.

"When fund-raising projects come up, every individual feels a sense of responsibility for the project," she says. "We need that feeling in the larger community, too," she says.

The Fongs' philosophy is similar. "It is a matter of one's priorities," says Mrs. Fong. "Weyburn is our home, after all."

She remembers when the family members of prospective patients recoiled on seeing the long term care rooms in Souris Valley. Some people lived seven and 12 persons to a room in Souris Valley, with little privacy, she says. In Tatagwa View, it is very different. "Tatagwa View will be the last home for many residents and we want to make it the best we can," says Mrs. Fong. "People are happy here."

"It's not what you have that dictates the level of your contribution, but what you are willing to share," she says.



WGH Volunteers: The Weyburn General Hospital Junior Volunteers enjoy their annual windup on June 1, 2005 at Riverside Park with a supper of pizza, pop and cake. In the back, from left, are Vanessa Paslawski, Kim Faber, Kallie Colbow, Ryan Green, Lindsay Geisler, Ashton Pitre, Julie-Ann Paslawski, Shavonne Munro, Carolyn Klemmer. In the front row, from left, are Haley Bousfield, Chelsey Edwards, Angie VanCuren, Sydney Ivany. Sun Country Regional Health Authority's home care volunteer coordinator, Val Borgen, says junior volunteers donated 446 hours of volunteering at WGH this year. They deliver meals trays to the patients and return the trays to the dietary area, assisting there as well, says Borgen. They serve the patients cold water, run errands for the patients, and visit with them. They stock shelves in the patient's rooms and bathrooms, run errands for the nurses and help direct visitors to the patient's rooms. Missing from the picture are Cassandra Baumgartner, Stacy Dighans, Kim Huffman, Miranda Kohonick, Lindsey Labatte, Daylene LaCoste, Kendal McCormick, Trisha McLeod, Megan Paxman, Jessica Pragnell, Rochelle Regnier, Niki Rodine, Megan Roelfsema, Chantal Troendle, Richelle Wick and Priyanka Yodav.



For information on becoming a volunteer please contact:

Val Borgen at (306) 842-8477 or vborgen@schr.sk.ca

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MOVEMENT



St. Joseph's Hospital sets its priorities

This is a set of eight priorities for future programs which has been recommended by the Planning for the Future Committee at St. Joseph's Hospital in Estevan. It was adopted by St. Joseph's board of governors in June. The committee told board members the plan must work in cooperation with unions, physicians, Sun Country Health Region, Saskatchewan Catholic Health Corporation and SaskHealth.

Priorities:

1. Recruitment and Retention: This is the key priority. Many issues are based on having adequate resources. Key activities include development of a human resource plan in consultation with health care staff, physicians and the community; setting up incentives for both recruitment and retention, in conjunction with the community.

2. Chemotherapy Outreach Program: To provide comprehensive chemotherapy services for all clients who are referred to our site. Issues are chemo nurse availability, improved access to a medical social worker, improved physician support for the program and pharmacy support as required.

3. Re-structuring current services: Restructure the nursing department to better care for patients and families, for confirmation of adequate safe staffing. We need to identify areas that RNs are needed, areas where LPNs can be better used and match jobs to scope of practice of all health care staff (aides, EMS etc). We will need to meet with staff and unions for discussions on staffing needs, scope of practice & role definitions.

4. Workplace wellness: To provide incentives for working at St. Joseph's to contribute to recruitment and retention. A review of private industry's incentives as well as talking directly to staff and asking them what is worthwhile to them. Identify special occasions and celebrate with staff. Approaching external partners for potential funding or support.

5. Utilization: Development of a framework to determine if we are making the best use of our time and resources. Activities to assist in this process include an analysis of job descriptions and job tasks, an analysis of stats, work load volumes, call backs, admissions and re-admissions, length of stay, time it takes for placement, need for detox beds, psychiatric admissions and discussions with managers and staff around issues of work.

6. Renal Program and Dialysis Unit: To offer a program that would provide screening and education at the onset of renal disease would minimize the number of people requiring future dialysis. Formation of a committee to establish this program would be an initial step in its development. This same committee could look at the possibility of establishment of a renal dialysis program in Estevan. Factors to consider in a review include physical space and requirements, staff resources, the impact of the program on other services and sustainability.

7. Diagnostics: To provide appropriate diagnostic services for St. Joseph's Hospital and area we first need to determine what is appropriate and what is timely. Activities include pursuing a pre op program for out of region facilities that is coordinated with the surgical care program; capital investment in equipment including an inventory and replacement schedule; consideration of private collection site involving a validation of volumes and contacting on vendor; computerizing the system; a human resource plan in order to ensure sustainability of programs. A pursuing of the possibility of CT service should be considered for future planning.

8. Geriatrics Services : To provide comprehensive geriatric service in Estevan there are several factors to consider. We need to ensure acute care discharge readiness in our elder population – establishment of a step down unit, incorporating the use of "FOMAC" and other outcome measures, ensuring physician buy in to establish appropriate discharge protocols and establishment of convalescent services would all work to proper utilization of services resulting in proper discharge and a reduction in re-admission rates. We need to establish addiction services strategies, implement a falls prevention program, enhance access to ambulatory care services (e.g. therapies and home care); improve access to geriatric assessment and promote respite beds, all of which would help to maintain independence and keep people at home longer . We need to enhance day hospital services to geriatric clients. We need to focus on personalized care and quality of life issues. We need to work with the Region in consideration of planning for long term care beds on one site and support the community initiative that is investigating the feasibility of establishing new resources for long term care in Estevan.

Region honours long-service employees

Sun Country Regional Health Authority held its third annual Employee Recognition Evening on June 10, thanking 143 of its employees for long service from 20-35 years. Four people have worked for 35 years in health care in this region, with another 13 having worked for 30 years. Thirty people will retire this year.

The employees are as follows:

35 years: Mary Barry, Joan Bavle, Heather Cugnet, Sharon Schindel.

30 Years: Elaine Brenner, Valerie Cameron, Marie Clements, Lorraine Douglas, Lucille Gervais, Rosemary Henriksen, Joanne Hollingshead, Vicky Lizuck, Janelle Martin, Dorothy Rebrinsky, Jeannie

Schlacter, Emile Wilvers, Carole Yeik

25 Years: Mara Barbarin, Dorothy Barsi, Janet Bornn, Agnes Boutin, Lynn Brady, Florence Brownridge, Maureen Carles, Barbara Clark, Ellen Colbow, BettyAnn Dedecker, Mary Deren, Loeldine DeVries, Diane Dickie, Loraine Dumaine, Deanna East, Carol Ellingson, Rhonda Erickson, Gloria Fong, Tammy Gervais, Sheila Goebel, Linda Gordon, Linda Grimes, Carole Gutheil, Susan Hannan, Owen Hewitt, Marcellia Hill, Jean Hobbs, Lynette Hume, Amos Johnson, Patsy Kerowatski, Jane Kerr, Gloria Lee, Ruth Marcotte, Patricia Marek, Gisele Marin, Diane McDougald, Betty Metzler, Chris Mildenberger, Donna O'Dell, Ione Peterson, Marion Rustad, Roberta Rygh,

Merle St. Onge, Karen Taylor, Jeanne Vogel, Pauline White, Loretta Yaganiski

20 Years: Brenda Bakaluk, Josie Beaulieu, Patricia Bernstrom, Joyce Carlson, Audrey Clark, Judith DeRoose, Donna DeVreese, Jeannette Dixon, Jean Doud, Brenda Fellner, Juliette Ferguson, Ruth Gammack, Janice Giroux, Jeffry Greening, Cheryl Hack, Joan Hamilton, Debra Herberholz, Carol Honig, Sara Irwin, Charmane Johnson, Birdene Keefe, Patricia Kessler, Joy Knoll, Myrna Koeckeritz, Barbara Kuntz, Shirley Lamontagne, Evelyn Lochart, Wesley Lonoway, Eunice Massett, Donna Matsalla, Jeanette McBain, Linda McDonald, Judith Olfert, Marlene Olson, Delinda Onstad, Sonia Oxelgren, Janet Peacock,

Linda Plaster, George Quarrie, Brenda Saboe, Corrine Sandstrom, Mary Anne Schaffer, Robert Shaw, Kenneth Skjonsby, Greg Skoczylas, Deborah Skogberg, Deborah Thuen, Coreen Ward, Tannis Wilson,

Retirees: Robert Balogh, Evelyn Boire, Ruth Boychuk, Jeannette Callan, Loretta Carriere, Colleen Chapman, Lois Cherry, BettyAnn Dedecker, Loretta Ferch, Mary Fieber, Reg Fisher, Donna Fornwald, Elsie Frecon, Jeannette Galarneau, Audrey Harrison, Helen Hutchison, Patricia Jacques, Elizabeth Latham, Sharon Lesy, Beatrice Marsden, Shirley Mossing, Shirley Nixon, Darlene Pachiorka, George Quarrie, Margaret Rattray, Helen Reiser, Donald Rose, Carol Watson, Loretta Winters, Emile Wilvers.

Sun Country receives first three-year accreditation

Sun Country Health Region received commendations and a three-year accreditation standing from the Canadian Council on Health Services Accreditation (CCHSA), after a one week survey of facilities this spring.

Part of the accreditation process requires regional teams to complete a self-assessment of their area. The self-assessment allows a team to rate its services and identify areas of strength and areas for improvement. Outside surveyors review the self-assessments and then compare Sun Country's rating to national standards.

The Sun Country Health Region received recommendations that will help staff focus, and improvement activities to enhance the quality of care and services provided to patients, residents and clients. The Canadian Council on Health Services Accreditation stated that the recommendations "aim to support your continued improvement efforts."

The Region was commended in the area of health promotion and protection through strong

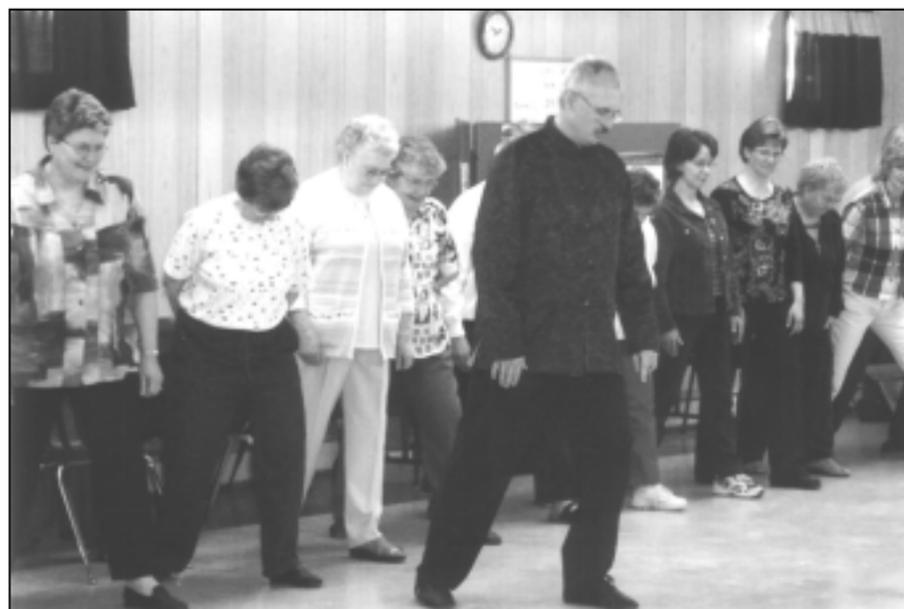
community and provincial partnerships, palliative care, and the falls prevention program. Some areas for improvement include measuring meaningful health "markers" to ensure quality of care, replacing or rebuilding physical plants and structures in some of the older facilities, involving more staff and patients in the accreditation process, and developing a formal process to receive feedback from hard to reach populations.

The survey took place from May 8-13, 2005 and involved a six person survey team from across Canada.

The survey team toured most of the facilities, interviewed patients, conducted focus groups with community partners, patients, and staff, and interviewed the Region's 11 Continuous Quality Improvement (CQI) teams.

This is the Sun Country Health Region's first accreditation. Each of the three former Districts that made up the region when it amalgamated in 2002 had accreditation status as districts.

The next accreditation survey will be conducted in 2008.



Action on health: Harry Ohrn instructed a group of about 40 women in the relaxation techniques of Tai Chi at a Women's Heart Health Day in Carievale Community Hall this spring. Ohrn, who is manager of Addiction Services for Sun Country Regional Health Authority, has been trained in Taoist-style Tai Chi, Yang-style Tai Chi Chu'an and Qi Gong, and Tae Kwon-Do. The day-long session on health in Carievale included a discussion with Grace Plonka, Weyburn RN and volunteer educator with the Saskatchewan Heart and Stroke Foundation, about preventing strokes and heart attacks. The event was sponsored by the Gainsborough/Carievale Health Advisory Committee. Committee member Kathy Kyle said the committee hoped the opportunity to listen, reflect, question and share will help the women take another step in health promotion.

Beautiful towns good for health – continued from Page 1

The judges said it was a shame they could only pick one winner. "All three communities showed strong participation from residents, businesses, service clubs, churches, schools and town employees," says Mr. Mooney.

He says the smaller communities had a tougher time because there are more vacant lots and abandoned houses but they managed to turn vacant lots into neatly mowed parks. Lawns on most abandoned homes were mowed by neighbors or town employees.

Even with the above average rain this year, there were no noticeable ponds, bird baths, water-filled eves troughs or other standing water sites that could become mosquito-breeding places and carry the West Nile virus, he said.

The award was presented at a luncheon hosted by last year's winner, the Town of Arcola. About 30 guests were present including the mayors, administrators, town employees and some enthusiastic residents from each community.



Working with the community: Staff members at the Radville Marian Health Centre, an affiliate of Sun Country Regional Health Authority, created a float for the town's parade on June 18. The float travelled to the Ceylon and Minton parades this summer as well.

Sun Country Regional Health Authority

Saskatchewan Health announced the reappointment of 11 current members of the Sun Country Regional Health Authority to a second three-year term this summer. Health Minister John Nilson said the health authority members, under the leadership of Chairperson Earl Kickley and Vice-Chairperson Sharon Bauche, have served the community well since the creation of regional health authorities in 2002. "I am pleased that we can call upon them for three more years of service," the minister said. One vacancy will be filled in the coming months. These are the members of the SCHRA:



Earl Kickley

Chair

Mr. Kickley lives in Lampman with his wife, Eleanor. They have four grown children and 11 grandchildren. Earl worked for SaskPower for 37 years and retired as District Operator in Lampman at the end of 1993. He served on the former South East Health District board since September 1993. Mr. Kickley played hockey until one year ago and also spends as much time as possible flying the family airplane. Mrs. Kickley is also a private pilot. As chair of the Regional Health Authority, Mr. Kickley is an Ex Officio member of all its Committees.



Sharon Bauche

Vice-chair

Mrs. Bauche is a former nurse and retired farmer who lives in Antler. She was a board member on the former Moose Mountain Health District Board from its formation until her appointment to the Sun Country Regional Health Authority when it was formed in 2002. Ms. Bauche is chair of the Strategic Planning/ Needs Assessment Committee and represents SCHRA on the Saskatchewan Association of Health Organizations and the Saskatchewan Governance Committee.



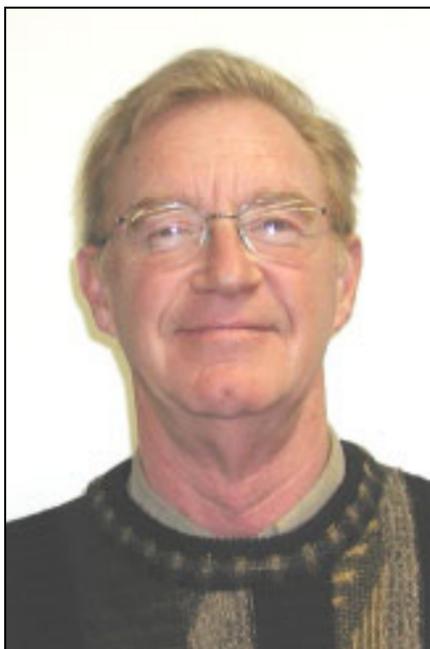
Maurice Koszman

Mr. Koszman, of Bengough is a retired English teacher. His priority for SHCRA is the best possible care to all people. With fiscal responsibility being a big part of that. "Everybody thinks that if we just toss more money into the pot, it would fix everything, but there are many other pieces to the puzzle, both regionally and at a provincial level," he says. "If we could hire all the people we need from physicians all the way down the line, the service would be better." When medicare was first implemented in 1961, residents received all services locally. "We can't do that any more so the regions must work together," he says. He sits on the Finance Committee, and is Chair of the Education/Communications Committee.



Rita Dash

Mrs. Dash lives and works on a farm near Kipling with her husband and two sons. Their daughter attends university. She studied nursing at Saskatoon and began work at Kipling in 1974. In 1995, she was elected to the former Moose Mountain Health District and appointed to the Sun Country Regional Health Authority in 2002. Her priority is innovation. "I am looking to the future and exploring new and innovative ways to deliver health care in an environment where the region is faced with staff and physician shortages," she says. Mrs. Dash serves on the Executive Committee, Strategic Planning & Needs Assessment Committee and the Education Committee.



Dave Kerr

Mr. Kerr was first appointed to the Sun Country Regional Health Authority in June 2003. He had been an elected member of the former South Central District Board since October 1999. Mr. Kerr was the business manager for the Weyburn Union Hospital for over 22 years. His previous experience was eight years with the Government of Saskatchewan, five of which were related to health-care finance. About life in Weyburn, Mr. Kerr says, "As a single guy, I moved to Weyburn in 1972 to accept the position at the hospital with the intention of staying two or three years. My wife and I raised three children here and are settled in our retirement home". Mr. Kerr serves on the Finance and Ethics Committees for Sun Country Regional Health Authority.



Allan Arthur

Mr. Arthur has farmed southwest of Redvers for over 30 years. He was formerly the chair of the Redvers Union Hospital Board and the former Moose Mountain Health District Board before that district amalgamated with South East and South Central Districts to form Sun Country Regional Health Authority. Mr. Arthur's focus is locally delivered, high quality health services. "In a wider scope, we also have been moderately successful in providing quality health care and accessibility to everyone in the southeast," he says.

Re-appointed to Second Three-year Term



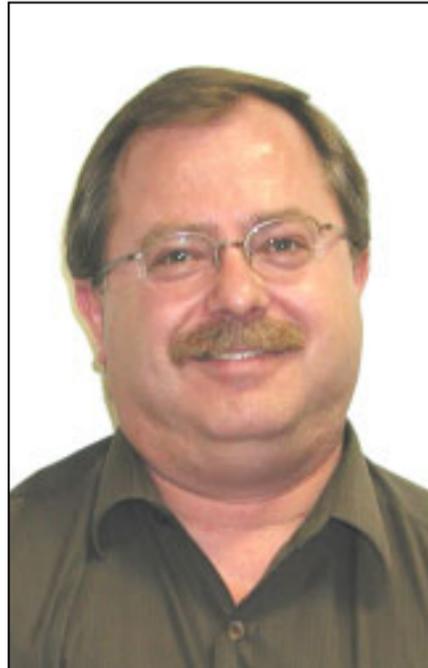
Jack McFarlane

Mr. McFarlane lives and works in Gainsborough, Carnduff and Oxbow areas. He is married to Lynn and they grain-farm 800 acres. He also sells John Deere equipment for Kosior Tractor Ltd. of Oxbow. He was district manager of South East Home Care for 14 years. Mr. McFarlane has been mayor of Carnduff for the past five years and was an alderman for the previous 12 years. His goal is to ensure a high quality of care for all residents in the area. "I feel I represent the patients and the employees on the SCHRA and want to look after their interests," he says. "I feel it's important to consider the people who work for Sun Country Health Region." His hobbies include golfing and curling. He is an avid Saskatchewan Roughrider fan.



Darlene Standing Ready

Mrs. Standing Ready is director of health for the White Bear First Nation, where she lives. As a former member of the board for the Moose Mountain Health District, and a member of SCRHA, she has many priorities for health care. "The main one is to ensure the provision of quality health services," she says. She also has an interest in training First Nation's people in the health care fields. "We have the human resources here but it takes time to develop the interest," she says. The health fields are competing with student interest in other faculties available from the post-secondary education institution on the White Bear reserve she says. Mrs. Standing Ready is a mother of five children, four of whom are either post-secondary students or have already completed their degree. She sits on the Strategic Planning & Needs Assessment Committee for SCHR.



Vernon Palmer

Mr. Palmer was a member of the former South Central Health District for two years. He was appointed to SCRHA in 2004. He has worked as administrator for the RMs of Heart Butte and Happy Valley for 27 years, a factor that gives him a broad understanding of the people in the area and their needs. His motivation for serving on the board is his desire to ensure locally-provided health services. The area has two large industries, the SaskPower Polar River Power Station and Luscar's Poplar River mine, a town of 900 and a larger catchment area with more young people than many small communities. "We had nine births this year at the Coronach Health Centre," he says. Recruitment of physicians becomes very important in an area like this, he says. Mr. Palmer serves on the Strategic Planning & Needs Assessment Committee and the Finance Committee.



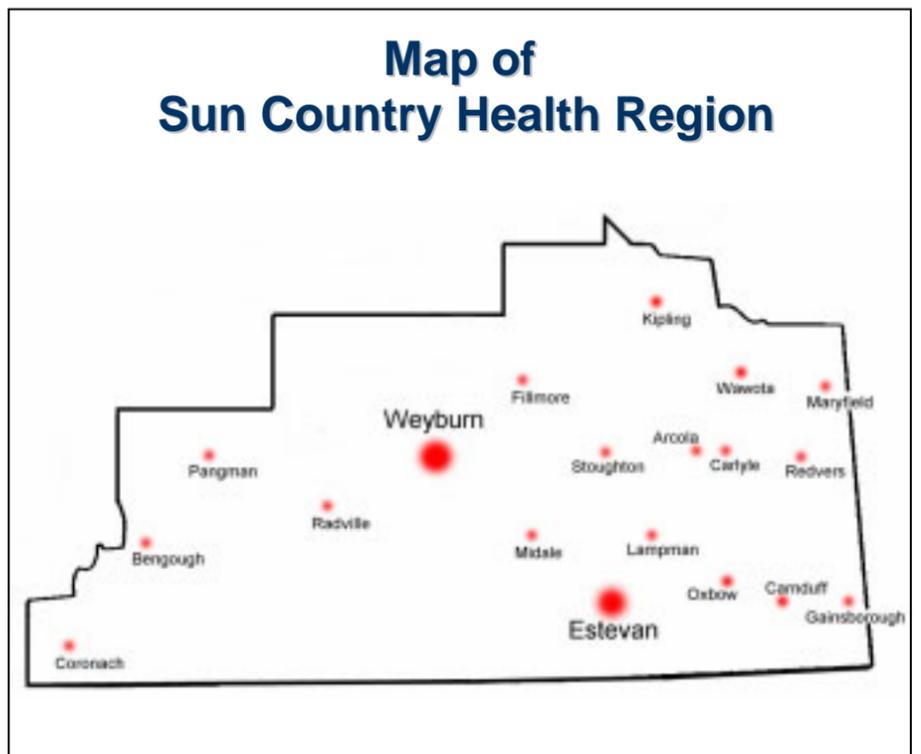
Natalie Bieberdorf

Mrs. Bieberdorf is a veteran social worker of 21 years living in Weyburn. She and her husband have a family of four children, including nine-year old triplets. She was appointed to the SCRHA on its formation in 2002 and brings a keen interest in public health, mental health, addiction services, and ethics to the table. "These are the areas I know the most about," she says. But with her broad general life experience and curiosity, she is also learning about the financial end of health care. "My first priority is to ensure quality of care and accessibility," she says. Mrs. Bieberdorf serves on SCHRA's Finance and Ethics Committees.



Marguerite A. Gallaway

Mrs. Gallaway, of Estevan, has had extensive board experience, having served on the Saskatchewan Council of Cultural Organizations as well as the Saskatchewan Centre of the Arts, the Saskatchewan Arts Board and the SIAST board. She has also served on the national and provincial boards of UNICEF, the MLA committee of remuneration review, and the SIAST committee of review. She is a member of the Order of Canada. Mrs. Gallaway was executive director of the Organization of Saskatchewan Arts Councils for 13 years. She serves on the Strategic Planning & Needs Assessment Committee, and the Education Committee for SCHRA. Her priority for Sun Country is wellness and providing the best services possible to the residents of the region.





The Whistler at Tatagwa View

They call her the Whistler. Ingrid Roman is her name. One of the many pleasant features of working at Tatagwa View in Weyburn is the sound of Ingrid's whistling coming from out of the long hallways.

The Whistler has worked at Souris Valley Extended Care Centre, and now Tatagwa View, for the past 28 years. She's whistled while she works for about 15 of those years. "I used to hum, I guess, but I whistled songs now and then and the residents encouraged me. So, now, I do it a lot," she says. "I whistle in the shower, and sometimes on the street."

The children in the day care facility at Tatagwa View listen for her tune, too. "They notice it, now, because we see them more often here than we did in Souris Valley," she says. The Tatagwa Kidz Kare centre is located right in the heart of the new building.

Ingrid began while she worked in the recreation department, whistling a classical piece from Tchaikovsky. Usually, she whistles a favourite hymn, or one of the country or folk pieces she's learned since she

came to Canada. Let Me Call You Sweetheart is a favourite with elderly residents.

She learned the skill as a child in Chile, while playing alongside her brothers. Ingrid's family lived in the central port city of Valparaiso until 1976 during the regime of General Augusto Pinochet, when she and her husband fled to Canada.

"Some days I just don't feel up to whistling," she admits.

"But I try to remember one of the hymns from church and before I know it, I've forgotten what I was upset about. Some of the nurses say it brings a little sunshine into the room."

"I'm glad I can do something to make their life a little easier," she says.

Ingrid took a longer-than-usual holiday last year and found residents missed her. They wondered where the Whistler was, she says.

Now she's considering retirement at the end of the year and residents are already wondering how they can convince the facility manager that the ability to whistle should be one of the job requirements.

Did You Know?

Did you know?

Nearly half of Canadians don't use booster seats for their children once they outgrow forward-facing car seats. Booster seats are needed to provide protection to children who weigh 40 to 60 pounds - until approximately age eight.



Did you know?

Four out of five car seats are not used properly. Common errors: Many car seats are not installed properly, and the harnesses holding children are often too loose.

Did you know?

That Oxbow and Area have nine First Responders that volunteer their time 24 hours a day.

Did you know?

Dust and surfaces in a smoker's home are a significant source of passive smoking by babies, according to a recent study. In just a few weeks, say researchers at San Diego State University, infants can be exposed to tobacco fumes equivalent to several hours of active adult smoking.

Did you know?

Approx 50% of teens surveyed reported spending more time playing games than reading and more than a quarter doing more gaming than homework.

Did you know?

Women over the age of 40 spend nearly 50 per cent more time each week playing online games than men and are more likely to play online games daily than men or teens.

Did you know?

About 90% of all diabetes cases in Canada are Type 2, non-insulin-dependent diabetes mellitus, which is strongly linked to obesity (80%) and inactivity.

Did you know?

Healthy lifestyle changes such as restricting salt intake, stopping smoking, being physically active for a minimum of 150 minutes per week, and eating more vegetables can decrease your blood pressure by 10-12 mmHg. This is equal to the effects of using 2 blood pressure medications.

Did you know?

That soft drinks contain phosphoric or citric acid and that this is harmful to the enamel on your teeth - making them more susceptible to tooth decay.

Did you know?

Stretching as a warm-up, as a break during repetitive activities and as a cool-down after exercise - helps you to move easily, keeps your muscles flexible and relaxed, your joints mobile, and relieves tension and strain.



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Graduates in special care: Students and instructors with SCHR's special care aide program gather at Tatagwa view. In the back row from left are: Dorothy Bjarnason (instructor), Ann Marie Underwood, Vance Peterson, Trisha Lee, Christine Ashworth, Anita Snider, Jill Dixon, Kyla McDiarmid; In the front row are: Katherine Krushelniski, Karla Cox, Pat Horner (instructor)

Nine grads finish special care aide training

Nine students graduated from Sun Country Health Region's special care aide program this spring. Christine Ashworth, Jill Dixon, Karla Cox, Katherine Krushelniski, Trisha Lee, Kyla McDiarmid, Vance Peterson, Anita Snider and Ann Marie Underwood completed the 40-week program and embarked on their practicum in nursing homes. "It's an excellent program," says instructor Pat Horner, clinical coordinator of education services for Sun Country Health Region.

Students from this program can be employed in Saskatchewan, Alberta, and Manitoba public and privately-funded nursing homes, she notes. Ms. Horner is confident that when students are finished the course, they know what they're doing. Course requirements are developed by the Saskatchewan Institute of Applied Science and Technology (SIASST). Students study modules in personal care, personal competence, safe environment, human growth and

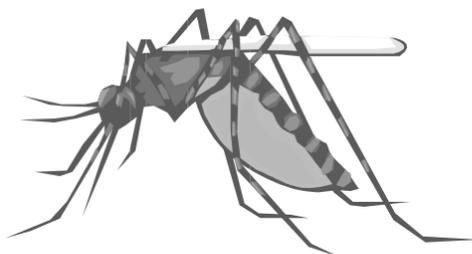
development, communication in the workplace, special needs, and dementia. They must also have completed three other courses, on food safety, professional assault response, and first aid training. Community colleges in the province will offer the course in the future. Southeast Regional College is planning to offer it in the fall 2005 session. No start date has been announced. Students can also take the course through distance education.

West Nile virus season on its way

The Medical Health Officer and Public Health Inspectors for Sun Country Regional Health Authority are advocating that residents follow the four D's this summer to help protect themselves and their families against West Nile virus. Remember to **Drain** all standing water, **Dress** in long-sleeved light clothing, use an insect repellent that contains **Deet**, and limit **Dawn and Dusk** activities, says Dr. Shauna Hudson.

While there has been no early signs of West Nile virus activity in the area served by the Sun Country Regional Health Authority - up to the third week of July - Dr. Hudson said recent weather conditions are ideal breeding grounds for the type of mosquito most likely to carry the virus and it will begin showing up. "The key messages are, first, that people should always prevent mosquito bites and, second, the risk of West Nile virus will increase in late July and August," she says. The mosquitoes that carry West Nile like hot days and the southeast corner

of the province has been getting lots of hot days, she said. Windy hot days will kill a lot of the adult mosquito population but when it's not windy, they will survive even in shrubs where it's moist, she said. "They don't need standing water to survive."



In 2003, most of the human cases of West Nile began showing up in late August and that's what health officials expect to happen this year, she said.

A variety of things start to come together, she said. First dead birds are found, trapped mosquitoes are positive for West Nile virus, veterinarians may find the virus in horses and then human cases show

up, she said. There have been no major treatment advances for West Nile Fever, said Dr. Hudson. If a resident develops neurological symptoms, different medical interventions are used depending on the symptoms. No virus has been developed for humans, although there is a horse vaccine and horse owners are encouraged to inoculate their animals, she notes. The reason for the lack of human vaccine is quite simple. It takes a long time to develop a licensed vaccine for humans because of the lengthy testing phases that must be completed with humans, says Dr. Hudson. "There's a different expectation around the safety requirements of testing vaccines for humans than there is for animals," she says. Until a vaccine for humans is developed, the best advice is to prevent mosquito bites by eliminating the breeding sites for mosquitoes and limiting mosquito bites, she said.

Seat belt clinics need more techs

The Saskatchewan Institute on Prevention of Handicaps says 25 children died from motor vehicle collisions in Saskatchewan during the five year period between 1995-99. During the same period, 160 children under 10 years old were hospitalized from motor vehicle accidents.

Transport Canada estimates 90 per cent of the deaths and 70 per cent of these traffic injuries can be prevented through the use of proper installation and use of child restraints.

Yet, a study in 2000 conducted by Saskatchewan Government Insurance (SGI) found that only 50 per cent of children under the age of five years in the province are properly restrained in a vehicle.

So the question is: How do you know if your child's car seat or booster seat is the right size or fitted in a safe manner?

It's a good question.

Maybe you should take your car to a seat belt inspection clinic in your community.

Unfortunately, those clinics have been few and far between in recent years in this region because of the lack of certified technicians. As of July, 2005, only one woman in the region is a certified technician, after having received the full, two-day training and annual updating required by the Saskatchewan Safety Council.

The regional coordinator for the Acquired Brain Injury Program in Sun Country Health Region tried to sponsor a training course in June. It was cancelled when too few applicants signed up.

Laurie Decker was disappointed. She knows people are busy. Some had weddings to plan, or medical appointments and, then, there are annual vacations.

But the region needs several certified people so these car seats can be properly inspected, she says.

"You can't legally check a car seat unless you are a certified technician and some people might not realize that," says Laurie.

To be certified, you must have completed the two-day course taught by the Saskatchewan Institute on Prevention of Handicaps, and continue to attend one clinic every year. Laurie is hoping to coordinate a training course on September 13 and 14, 2005.

Anyone interested in becoming a certified car safety seat technician please contact:

Laurie Decker
Tel: (306) 637-3643 or
Email: ldecker@schr.sk.ca.

2004 was a good year for Region

The vice president of corporate services for Sun Country Health Region says the move from Souris Valley Extended Care Centre into the Tatagwa View facility in Weyburn made 2004/05 a landmark year.

In Sun Country's annual report in July to the public and the Saskatchewan Legislature, Lloyd Searcy says planning began in 1996 for the construction of a new long term care facility to replace the Souris Valley Extended Care Centre, which was built in 1921.

Over the ensuing years, staff worked on a design for the building which centred upon the Eden Philosophy of care for the elderly and those with chronic illness.

A design was developed that provided more home-like surroundings in 11 "houses," reports Mr. Searcy. The 123 resident rooms are clustered in houses of 11 or 12 residents.

- Construction of Tatagwa View began in July of 2003 and the building was occupied in March of 2005 -

The regional head office for Sun Country also shares space in the building, along with a 10-bed acute care psychiatric centre, a rehabilitation therapy department, a day care centre, a regional laundry, and a regional materials management distribution centre.

Mr. Searcy says the move of residents, staff and equipment to Tatagwa View required a high level of coordination. It required preparation for the new building prior to the move, at the same time staff was required to maintain existing services at Souris Valley, he says.

"That the move was completed without major incident is a testament to the dedication and fine work of the staff involved," says Mr. Searcy.

Institutional laundry service was also affected by the move, becoming regionalized in early January 2005. Routes were developed for the collection and delivery of laundry to facilities in the region.

In 2004/05, regional departments, such as nursing, health records, laboratory

and medical imaging services, continue to work on standardizing policies and procedures to ensure consistent service delivery across the region, says Mr. Searcy.

Last year, the region made continued progress in its focus on quality improvement and developed standardized guidelines and policies in areas such as infection control in order to provide quality, safe care and services to patients, residents, clients, and the community

Financially, 2004/05 was a successful year for the region, says Mr. Searcy. "It posted a surplus of about \$6,000 on expenditures of approximately \$93 million, while maintaining a high level of quality care to its clients," he says. Projected revenues increased slightly due to a 1.2 per cent increase from Saskatchewan Health and a significant increase in operating donation revenue of \$424,000, mostly from fund-raising for the construction of Tatagwa View.

Mr. Searcy also says investment revenue was significantly higher than budgeted, by six per cent, due to a delayed construction targets for the Tatagwa View facility.

Information technology contracts and licenses were over budget by 36 per cent, due to the acquisition of automated programs for budgeting and nutrition services, he says.

Rent/lease/purchase was over budget by 119 per cent due to the purchase of electric beds for a number of facilities throughout the region, he says. The repairs and maintenance budget was slightly over budget by 4.7 per cent due to minor renovations, he says.

Mr. Searcy says the bill for regional utilities was over budget by 21 per cent because of a delay in moving into Tatagwa View and the need to pay utilities to both Tatagwa View and Souris Valley Extended Care for two additional months.



For a complete list of the services provided in the Sun Country Health Region check out our website at <http://www.suncountry.sk.ca>



Health Care Scholarship: Karly Murray of Gainsborough accepted a \$1,000 scholarship from Warren Steeves, chair of the Gainsborough and Area Trust Committee earlier this year. The committee offers a scholarship to a Grade 12 graduate of the Carnduff Education Complex who is pursuing a career in the medical field. Miss Murray has successfully completed the first year of a bachelor's degree in nursing at the University of Lethbridge. The committee is made up of representatives from the Villages of Gainsborough, Carievale, the Town of Carnduff and the RMs of Argyle and Mount Pleasant. The committee oversees the trust funds of the Gainsborough Health Centre and provides equipment and education for the health centre and staff, as well as other health organizations in the area.

SUICIDE INTERVENTION SKILLS TRAINING

You are more likely to encounter someone thinking of suicide than someone in need of resuscitation.

Date: November 3 & 4, 2005

Cost: \$80

Location: Community Services Building, Weyburn

Time: 8:30-12:30 p.m. & 1:30-4:30 p.m. both days

**(Participants must attend all sessions to receive certificates)
Registration deadline: Sept. 15, 2005**

Mail to: Henry Gobeil
Mental Health Services, Box 2003, Weyburn, SK S4H 2Z9
Phone (306) 842-8668, fax (306) 842-8692, or
e-mail: hgobeil@schr.sk.ca

REGISTRATION

(Cheque to Sun Country Health Region **MUST** accompany registration)

Name _____ Occupation _____

Address _____

Town/City _____ Postal Code _____

Home Phone _____

E-mail _____

Employer _____ Work phone _____

Sponsored by Mental Health Services, Sun Country Health Region